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192503 SUGGESTIVE OUTLINE OF A COURSE IN NUTRITION EDUCATION
FOR TEACHERS

Description of the Course

This college course is proposed for any teacher or all teachers who meet the nutrition and health problems of children in the elementary school. It might therefore be called an introductory course in nutrition education.

In view of the fact that the training period varies in colleges throughout the land, from two to four years, no specifications as to placement, length of course, nor hours of credit are stated. Nor does the outline of course contents prescribe a certain sequence and emphasis. It is agreed that both would be guided by the personal experience and background of the class members. Conditions and circumstances in the area served by the college would determine the form of the course. It might well take the form of an undergraduate course, a seminar, a refresher, workshop or extension course.

The success of the course will depend considerably upon the extent to which students participate in on-going nutrition activities of children in the laboratory schools. Then it is hoped that these students will engage in timely and related activities to improve nutrition of the children in their own school situations.

For each college there will be certain administrative problems--in what department will the course be offered, who will teach it, how will cooperative planning among departments be secured. Again the answer to these problems will be found within the institution itself.

Point of View of Planning Committee

We believe:

1. That children should be given intelligent guidance in healthful living.
2. That nutrition education is just a part, but an important part, of education for health, which in turn must be seen in relation to the total school program.
3. That since the school assumes a part of the responsibility for the health and happiness of the children, teachers should be well prepared to do the job.
4. That colleges, training teachers, should provide educational experiences for them to learn how to guide children in good nutrition.
5. That it is not necessary nor advisable to segregate and pigeonhole this subject for children, but that it can and should be infiltrated through the present elementary curriculum.
6. That useful concepts of nutrition should develop as the child develops in his capacity for understanding.
7. That an educational school lunch program provides a good opportunity in many situations for the total growth of the child.
8. That the school, the home, and the community may each contribute guidance and opportunities for the good nutrition of children.

Specific Objectives:

1. To develop an awareness of the need for an adequate diet at any age level.
2. To establish among the students a common understanding of the total growth of the child.
3. To guide the students in determining the nutritional needs of children in the communities in which they live.
4. To develop understanding of nutritional information necessary in helping meet the needs of elementary children.
5. To develop sound judgment in the effective use of materials and activities.

Suggested Content

The following subject matter should be developed as far as possible through observation and participation in the elementary school program.

- I. Nutrition as a National Problem
 - A. Evidences - the need for better nutrition as shown by:
 1. Surveys regarding food consumption studies, records of selective service examinations, etc.
 2. Existing fads in American diets.
 3. Extensive advertisement and consumption of vitamin and mineral preparation.
 4. Waste of food as shown by city checks on uneaten food, destruction of food value in preparation, etc.
 5. Health records of schools
 6. Prevalence of malnutrition
 - B. Ways of Solving Existing Problems
 1. Through parent education
 2. Through training children
 3. Through a better informed public regarding:
 - a. Distribution
 - b. Production
 - c. Community resources
 - d. Availability of food
 - e. Nutrition information
- II. Utilization of Food by the Body
 - A. Preparation of food by the body for use (Digestion--factors affecting digestion of food)
 1. Adequacy
 2. Preparation of food
 3. Environment - appearance and attitude
 4. Condition of individual - emotion and mental attitude
 5. Psychic
 - B. Fate of foods (Metabolism)
 - C. Removal of wastes (Elimination)
- III. Intelligent Choice of Foods
 - A. Factors influencing choice
 1. Food habits
 2. Activity
 3. Physical condition
 4. Availability of food
 5. Psychic appeal; as appearance, odor, sight, thought
 6. Income

B. Recommended aids for wise selection of foods

1. Popular food groupings such as:
 - a. Seven basic food groups - United States Dept. of Agriculture
 - b. Income groups - Sherman
 - c. Twelve food groups - Sherman and United States Dept. of Agriculture
 - d. Recommended daily allowance by National Nutrition Council
2. Basic food nutrients recognized by the National Nutrition Council
 - a. Function and value
 - b. Best source, equivalents, and alternates
 - c. Suggested requirements, particularly of college students and children

C. Guides in Meal Planning

1. Factors influencing food selection
 - a. Factors as listed in III A (See above)
 - b. Time, skill, and energy required in preparation
 - c. Equipment
 - d. Meal service
 - e. Ration points
2. Aids in planning meals
 - a. Food combinations
 - b. Meal patterns
 - c. Knowledge of food preparation -
Ways of conserving food values in
 - (1) Preparation
 - (2) Storage
 - (3) Processing
 - d. Wise buying of foods
 - (1) Costs of foods in various groups
 - (2) Comparative cost of food nutrients
 - (3) Commercially prepared products vs. home prepared products
 - (4) Foods at various income levels
3. Special consideration of diets for
 - a. Pregnancy and lactation
 - b. Infancy
 - c. Pre-school
 - d. Elementary
 - e. Adolescent
 - f. Old age
 - g. Obesity
 - h. Underweight
 - i. Constipation
 - j. Allergies

D. Diets and other Factors in Relation to Teeth

IV. Incorporating Nutrition Education in the Elementary Program

- A. Identifying, nutritional needs of the school and the community
- B. Ways of including school lunch program or other "feeding" programs as a part of the educational program of the school
- C. Evaluation of source materials such as pamphlets, booklets, books, films, posters, etc.
- D. Placement of various nutritional experiences according to suitable age levels.

Suggested Student Experiences

1. Study the needs of the child, school, and home from existing surveys available.
2. Study individual children by using the reports from doctors, nurses, and dentists, and any other data pertinent to understanding each case.
3. Observe children in relation to indices of good nutrition such as play habits, posture, condition of eyes, hair, skin, nails, etc.
4. Make an understanding approach when talking with a child or a parent in regard to any health problem.
5. Participate in any school lunch program available such as breakfast, mid-morning and mid-afternoon lunch, noon lunch, or cafeteria.
6. Help to set up equipment such as a portable kitchen, or a unit kitchen or such facilities as are necessary for desirable food preparation.
7. Participate in the preparation of food.
8. Experience with growing plants such as a garden or trips to a farm.
9. Observe and share in various types of food preservation processes: canning, freezing, drying, cold storage, and home storage.
10. Conduct an animal feeding experiment with children.
11. Share in a cooking club for children.

Personnel of Committee

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BIBLIOGRAPHY

I Books

- Bogart - Nutrition and Physical Fitness
Chaney and Ahlborn - Nutrition
Lowenberg - Your Child's Food
Pfaffman and Stern - How to Teach Nutrition to Children
Roberts, L. - Nutrition Work with Children
Rose - Foundations of Nutrition
Rose - Teaching Nutrition to Boys and Girls
Rue - Subjectmatter Index for Elementary Grades
Sense - America's Nutrition Primer
Sherman and Langford - Introduction to Nutrition
Symposium - Nutrition Handbook, American Medical Association
United States Department of Agriculture - 1939 Yearbook, Food and Life.

II Bulletins and Pamphlets

- Borden's Review of Nutrition Research, Vol. 5, No. 5, May 1944. Borden Company, 350 Madison Avenue, New York.
Journal of School Health, Vol. 14, No. 3. Special Nutrition Number. American School Health Association, 3335 Main Street, Buffalo, New York.
Maybee - Young Nutritionists in Action. Teachers Lesson Unit Series No. 103, Bureau of Publications, Teachers College, Columbia University, New York.
National Dairy Council - Watch Them Grow. 111 North Canal Street, Chicago, Illinois.
National Research Council - The Problem of Changing Food Habits, Bulletin No. 108; Inadequate Diets and Nutritional Deficiencies in the United States, Bulletin No. 109. American Academy of Science, Washington, D.C.
New Jersey Tuberculosis League - A Source Unit on Nutrition for Schools of New Jersey, Grades 4, 5, and 6. New Jersey Tuberculosis League, 15 Hinney Street, Newark, New Jersey.
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Rose and Bosley - (1) Vegetables to Help Us Grow. (2) Our Cereals. (3) Feeding Our Teeth. (Each 35 cents) Bureau of Publications, Teachers College, Columbia University, New York
Todhunter and Andes - Nutrition Experiments for Classroom Teaching. College of Home Economics, State College of Washington.
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United States Office of Education. Pamphlet No. 1, Nutrition Education in the Elementary School; No. 2, Making School Lunches Educational; No. 3, School Lunch Management. Federal Security Agency, United States Office of Education, Washington, D.C.
West Virginia State Department of Education (1) The Hot Lunch at School; (2) A Handbook for Teachers in Elementary Practical Arts. State Department of Education, Charleston, West Virginia.

III Courses of Study

- Connecticut - A Program of Nutrition in the Elementary School, State Department of Education, Hartford, Connecticut.
- Indiana - Nutrition in the Kindergarten and Primary Grades, Monograph 15, Board of Education, Muncie, Indiana.
- Iowa - The Iowa Plan for Nutrition Education in Elementary Schools, State Department of Public Instruction, Des Moines, Iowa.
- Kansas - Suggestions for Teaching Nutrition in the Elementary Grades. 1942, State Department of Education, Topeka, Kansas.
- Louisiana - Nutrition Lesson Prepared for Teachers in the Low First Grade. 1943. Suggestions for Improving Health and Nutrition Through the School Lunch, State Department of Education, New Orleans, Louisiana.
- Missouri - Missouri Schools and the Nutrition Program, State Department of Education, Jefferson City, Missouri
- Ohio - Nutrition for Health, Circular No. 4. State Department of Education, Columbus, Ohio
- Tennessee - Ammunition for War and Peace , Suggested Guide for Teaching Nutrition in the Elementary School, State Department of Education and Public Health, Knoxville, Tennessee.
- West Virginia - A Handbook for Teachers in Elementary Practical Arts, State Department of Education, Charleston, West Virginia.

IV Magazines

See Readers Guide to Periodical Literature for specific articles on Nutrition Education in the Elementary Grades.

Consumer's Guide
Forecast
Hygeia
Journal of Home Economics
Nations Schools
Practical Home Economics
School Review
Teachers College Record